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ISSUE 334 JUNE 2019

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**Green wave begins
Paul Manly MP**

**Climate justice now
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Fighting the good fight

The Winnipeg general strike



A crowd attempts to tip over a tramway car during the Winnipeg General Strike, June 21, 1919
(Credit: Library and Archives Canada/C-034024)

The Winnipeg General Strike of 1919 was one of the most influential strikes in Canadian history, and became the platform for future labour reforms. Massive unemployment and inflation, dismal wages and working conditions, and the success of the Russian Revolution all contributed to labour unrest at the time. Labour leaders from across Western Canada met to form “One Big Union.”

In May of that year, negotiations broke down between management and labour in the building and metal trades, and a general strike was called. At stake were the principle of collective bargaining, better wages and the improvement of working conditions. Within hours almost 30,000 workers had left their jobs. Even essential public employees such as firefighters went on strike.

Opposition to the strike was organized by a Citizen’s Committee formed by Winnipeg’s most influential citizens shortly after the strike began. The committee declared the strike a revolutionary conspiracy led by a small group of “alien scum.”

“Our Cause is Just”

Never have the workers of Winnipeg had so much confidence in their cause as today. Never has there been such unanimity as to absolute necessity of settling once [and] for all the two points at issue, namely: 1. The right to collective bargaining, and 2. The right to a living wage.

- Western Labor News, May 21, 1919 (Winnipeg)

Fearing that the strike would spread to other cities,

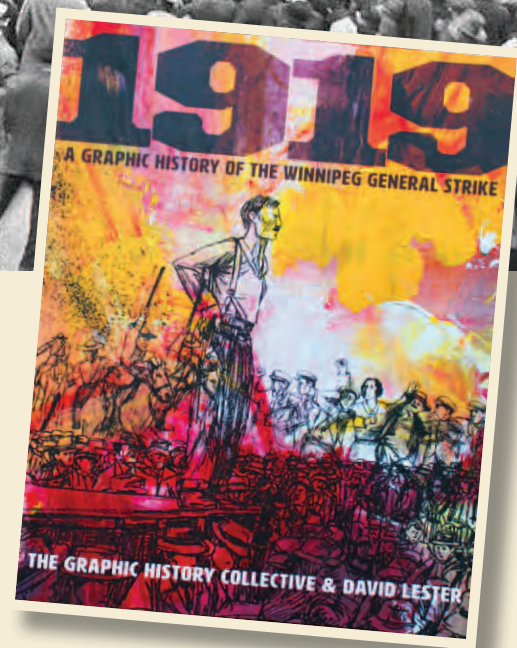
the federal government sent two cabinet ministers to intervene. The ministers met with the Citizen’s Committee but not with the strike committee. On the advice of the cabinet ministers, the federal government ordered its federal employees back to work or face immediate dismissal, and on June 17 ordered the arrest of ten strike leaders. Four days later, about 25,000 strikers assembled for a demonstration. The Winnipeg mayor read the Riot Act and called in the Royal Northwest Mounted Police who rode in on horseback. They charged into the crowd of strikers, beating them with clubs and firing weapons.

This day, known as “Bloody Saturday”, ended with federal troops occupying the city’s streets. Faced with the combined forces of the government and the employers, the strikers decided to return to work on June 25.

The General Strike left a legacy of bitterness and controversy, and triggered a wave of increased unionism and militancy across Canada. J.S. Woodsworth, a strike leader who was sentenced to one year in jail, eventually went on to found the Co-operative Commonwealth Federation (CCF), which was the forerunner of the New Democratic Party. Almost three decades passed before Canadian workers secured union recognition and collective bargaining.

The Royal Commission which investigated the strike concluded that it was not a criminal conspiracy by foreigners and suggested that “if Capital does not provide enough to assure Labour a contented existence ... then the Government might find it necessary to step in and let the state do these things at the expense of Capital.”

For more information www.historicacanada.ca



Graphic novels and comic books offer a visceral narrative quite distinct from photography and prose. Knowing this, illustrator and musician David Lester, with contributions from 5 members of the Graphic History Collective, recently published *1919, a Graphic History of the Winnipeg General Strike* (Between the Lines, 2019). With 93 pages of black and white illustrations and seven pages of archival photographs, it sheds new light on the background and timeline of a singular event in Canadian history.

“Art bears witness to the injustices of the world,” writes Lester. “I am trying to capture and convey the inspiration and spirit of solidarity in class conflict. That is the art of labour history.”

Hassan Yussuff, president of the Canadian Labour Congress, call the book “a concise, powerful, and beautifully illustrated account of the Winnipeg General Strike that confirms its contemporary relevance for workers demanding their rights and dignity today.”

common ground

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Design by Kris Kozak



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Greta Thunberg's speech to the United Nations



photo by Anders Hellberg

“My name is Greta Thunberg. I am 15 years old. I am from Sweden. I speak on behalf of Climate Justice Now. Many people say that Sweden is just a small country and it doesn't matter what we do. But I've learned you are never too small to make a difference. And if a few children can get headlines all over the world just by not going to school, then imagine what we could all do together if we really wanted to.

But to do that, we have to speak clearly, no matter how uncomfortable that may be. You only speak of green eternal economic growth because you are too scared of being unpopular. You only talk about moving forward with the same bad ideas that got us into this mess, even when the only sensible thing to do is pull the emergency brake. You are not mature enough *continued p.17...*

Dragon Jars & Lotus Bowls

An award-winning artist's contribution to international culture

Jean MacKay Fahrni (1919 -2019)



The late Jean MacKay Fahrni at the opening reception for "Dragon Jars & Lotus Bowls" wearing a bracelet made in 1964 by her close friend Bill Reid. Photos by Eike Schroter

I'm normally introducing The Irish Rovers to audiences of 5000, so I will try to tone it down this evening to appropriately honour these magnificent pieces of art from ancient Asia for the dignified audience we have here today: friends, family, Museum of Vancouver staff and the devoted volunteers who made this evening the grand event it is. Tonight we celebrate the 50th Anniversary of the Canadian Society of Asian Arts, and the 100th birthday of Jean MacKay Fahrni.

Thirty years ago this important collection was packed away into the bowels of the museum. So first of all, I would like to thank and congratulate the Museum of Vancouver for uncovering these important artifacts and bringing them back into the light.

The story of this collection is a true Vancouver story, and a triumphant Canadian story, starting with the one fact of where the collection was housed for over 25 years: Jean's giant log home on the west side of Vancouver where local artists, dignitaries and politicians would frequently gather, share ideas, and indulge in Jean Fahrni's plum wine.

Jean was born 100 years ago, in Vancouver. She was raised in the prairies by a poor minister's family. Then, at 17, she returned to Vancouver, became a nurse, and married a young intern who served overseas as a medical officer before they were able to carry out their dream and raise four children.

In 1957, her husband Harry traveled to India where he lived with the Bhil Tribe while studying the workings of the spine. At the same time, Jean started studying art and ceramics part-time at UBC and Vancouver School of Art.

Then in 1968, Jean and husband Harry were in Dja-

karta on a self-funded project to train young Indonesian doctors to become orthopaedic surgeons. This was a pre-Doctors Without Borders project that Dr. Harry Fahrni created for CARE Medico. In order to do this, Mum had to retrain as a surgical nurse back at VGH. Keep in mind that at this time she was a Vancouver housewife and mother of four.

Now, this was all volunteer activity. I can't stress enough the importance of volunteers. The people who don't talk about it, they *do* it. We all owe so much to the endless hours and thankless work of volunteers. I must say I was often jealous of the time my mother gave to the Museum and away teaching others. But I look at these treasures, the friends and the artists we have here today, and I now know that it was well worth it.

At any rate, this was a monumental task they took on. In 1968, hospitals in SE Asia were primitive, and cleanliness didn't exist. On Jean's days off from the blisteringly hot surgery, she rewarded herself by roaming the local markets. She found ceramics that were strikingly similar to what she was making back home. A connection with a potter working at their wheel across the ocean was made. Jean always encouraged other artists, so she purchased large number of those pots to bring home and share with her artist friends in Vancouver.

When she got back she learned that many of those pots similar to her own were in fact centuries old. These potters she had made a connection with had died hundreds of years earlier.

In 1972, Jean returned to South East Asia, and on her own traveled the ancient trade routes – researching and digging while connecting with more artists and collectors. Since Jean was a potter as well as a collector, she was able to learn much more about these pieces than most collectors.

Throughout the next 20 years, Mum often loaded up her ramblar convertible with slides, a screen, a large selection of pots, and a few bottles of her best plum wine. She'd set off driving town to town, teaching and sharing information while always encouraging others in their creative endeavours.

Jean's resulting 600-piece teaching collection of ancient Asian pottery was used for hands-on lectures for



potters and scholars, over the next 21 years. Her collection, which honours Vancouver's largest growing population, became renowned throughout Canada and beyond. Later, with the help of the Hong Kong Bank, it was transferred to the Museum of Vancouver.

Before I finish, I want to tell you one more thing that might sum all this up. When I was an art agent working for Charles Bronfman, I had the great fortune to meet Les Manning. Les was the Head of Ceramics at the Banff School of Fine Arts. We were introduced and he said, "Fahrni? Are you related to Jean Fahrni?"

"Yes, I am. She's my mother."

He said, "I have to tell you something. I have been working with ceramics all my life, taught all over the world. But, I never truly understood ceramics until one day I was standing in your mother's home and she put one of her ancient pots in my hand. At that moment...I finally understood ceramics." 

Jennifer Fahrni is a Vancouver-based actor, director and producer.



Mac McLaughlin

ZODIAC

StarWise

June 2019

Astrologers are basically cosmic traffic cops. They can tell us what's going on with cosmic phenomena such as full moons, eclipses, etc., and they can help us understand planetary energy. But they cannot alter fate. Whatever is written karma-wise must come to pass. While this may sound fatalistic, the law of mercy and grace supersedes all other laws, karma and otherwise. We have been traveling and incarnating on the Earth and other planes of existence in various forms – from mineral, to plant, to insect and animal, to human and angel, gods and goddesses – through unimaginable dimensions of space and time. The theory of karma is so deep and complex that the true Sant Gurus tell us that we don't have the power in our minds to truly comprehend its significance and complexities.

Rest assured, we are the aliens. We are not from here, and our true home exists far beyond the sun, moon and other planes of existence far above the starry sky. Astrology can help us track and learn to deal with whatever we signed up for in previous incarnations. Coming into contact with us, the true Sant Guru teaches us how to clean up our lives, live and behave non-violently, and respect and regard all life as sacred and precious.

All living beings have a soul that is part of God. No soul, no life – plain and simple. Think about it, people. We want to give pigs, chickens, and other animals living in very cruel situations a better life. Then, once we have them in a better situation, we slaughter them and eat them anyway. In my book, this is the height of ignorance and hypocrisy.

Furthermore (while I'm on this rant) when will we eradicate all violent weapons, period, end of story? Get the guns and WMD off the planet, now. If you want peace, you must live peacefully with all your neighbours: birds, animals, humans. We can do this. Everything else is a form of madness.

Okay, glad I got that off of my chest. Love one another right now. Lay your weapons down. Give your love, and never stop giving it, never, never. We are on our way home. The golden age is coming, and just like getting ready for a wedding day, we must clean up and dress in our best clothes. We cannot be walking tombs for assassinated animals and pleading for peace at the same time. It won't work. Only love will do it, only love.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.

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ARIES Mar 21 - Apr 19

A sword is an Aries instrument. It cuts through things, such as cutting away from anything that you know is not worthy, valuable or useful. A time will soon arrive when you must wield that sword. Mid June tells the story of when and where to use the sword to cut yourself free.



TAURUS Apr 20 - May 21

The tenor of the planets is generally running heavy and you have the best chances and opportunities to make something out of it. When given lemons, make lemonade. Your life is changing at a rapid pace, whether you know it or not. This is a great time to get in touch with your true values.



GEMINI May 22 - Jun 20

It's your time to shine. You are in your solar high of the year. Plus Venus will visit Gemini for the last twenty days of the month bringing light and love, and various forms of creative energy. Do your thing. Travel and enlightenment could be in the works. It's time for a makeover.



CANCER Jun 21 - Jul 22

It's a good thing that you have a protective shell, as you may need it this month. You needn't be paranoid, but you do need to be careful and thoughtful in all that you do. Don't be in a rush, measure twice, cut once, and don't forget to duck. Kindness and patience will pull you through.



LEO Jul 23 - Aug 22

It's time to glad hand, connect, communicate and relate on every level. Join up, sign up and share your sunshine, love and wisdom. You have it, don't be stingy with it. The love you give will increase. We need it; we need you. A very busy and dynamic summer is fast approaching.



VIRGO Aug 23 - Sep 22

Your solar career, home and real estate sectors are lit up like a Christmas tree. Use moderation and possibly some hesitation with any big decisions, especially around June 8, 9, and 10. It's a mixed time, a mixed bag of positive and negative influences, along with a dash of confusion thrown in for good measure.



LIBRA Sep 23 - Oct 22

Travel, communication and publishing areas are active. There could be some conflicts in the work sector. Use your Libra diplomacy in sorting things out. Home sector is also active: could be some renos or a move happening. Use caution as there is a possibility of mishaps from ill-considered moves.



SCORPIO Oct 23 - Nov 21

All kinds of secrets come flying out when least expected. Inheritances and joint monies along with a few mysteries could come into play this month. Relationships are a hot topic and your earning potential could get a boost. Use caution while driving or traveling, as delays and other frustrations are in the works. Tread lightly with patience.



SAGITTARIUS Nov 22 - Dec 21

The Full Moon on June 17, takes place in your sign. You could be in full tilt boogie mode or truly needing a break. This is a time of the year when rest is indicated. Jupiter is in your sign giving great protection and a boost of luck and confidence. The magic word is "travel".



CAPRICORN Dec 22 - Jan 19

It's not easy these days for most Cappys. A big line-up of heavy duty planets is dominating the scene, somehow hindering and keeping you down. It doesn't have to be that way, and some of you may be going through great growth spurt of wisdom and learning. Keep the good, let go of the negative.



AQUARIUS Jan 20 - Feb 19

Sweethearts, children and grand children are a big focus for you these days. You also could be in an enterprising mood and may want to take a chance or do some gambling. In reality there is a whole lot of behind-the-scenes work and activity going on. Health is the number one consideration.



PISCES Feb 20 - Mar 20

It's time to pretty-up the place or possibly make a move to another home. Family and the past are featuring prominently. Your career sector is hot, and it might be time to make your move and bump up the energy, or hit the boss up for a raise. It might work. Ask and you shall receive. <

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Tom Paladino

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Keith Tong

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What the world needs now

I have always felt there is a glaring omission in the way we have been educated, and the way children are educated, inasmuch as there is no consistent teaching about how to communicate. Yes, we learn to read and write but not how to talk with one another, particularly when there is conflict.

There is a tendency toward polarity built into our culture and socialization process. Siblings engage in rivalry, and there are disagreements on the school playground. Generally, the response to these situations has more to do with who was right or wrong, and less to do with how communication could be improved.

In fact, *the way we talk about things* structures our reality. If we have not learned the language of co-operation and facilitation, we are stuck battling positions or points of view.

We need to teach children the importance of honesty and integrity – even when no one is looking.

There are things we need to teach our children, and of course one of the best ways to teach them is to model the desired behaviors ourselves. We need to teach them that it is always better to try to find solutions than to fight and argue. We must give them plenty of examples so they understand how to find solutions on their own. If they hear Mom and Dad doing this in the kitchen, it will be easier for them to do it on the playground.

We need to teach them that it is not helpful or nice to speak badly of others. Rather, it is wise to encourage them to see the positives in others. They should know that words have energy and that negative comments put negative energy out into the world; we pollute the interpersonal environment when we do that.

We need to teach them that if we work together and help one another, we will all be further ahead. We do not have to be the best, the fastest, the smartest; but if we are, then all the more reason to be helpful to others. Years from now, we will be remembered not so much for our accomplishments, but for how we treated others.

We need to teach children the importance of honesty and integrity – even when no one is looking. A conscience that is clear and free of guilt, remorse or regret not only makes us feel better, but we sleep better too. Actions that are dishonest or lack integrity are not easily erased. Most people carry the memory of such events for the rest of their lives.

We need to teach them the importance of forgiveness. No one is perfect. Everyone deserves a second chance. Holding grudges is like pausing a movie. You cannot move on with the story when you remain stuck on one event.

We need to teach them that love is the greatest gift we have to give. They need to know that their love has the power to uplift, heal and empower others. They also need to be reminded that we each have unlimited amounts of love within us. Opening our hearts and letting the loving energy flow out to others is the best thing for maintaining physical and emotional health.

We need to teach children how important it is to share. They need to know how to take turns, to let everyone play, and to give to those who are less fortunate. The whole world is our family, and we need to take care of each other.

Can you imagine having an entire generation of children that was raised *knowing* these things? Imagine if all who are now adults had been raised with these principles? How different our world would be. If we really want to change our world, it might be best to start with the children. The only thing is, if we want them to really get it, we have to get it first. ◀

Gwen Randall-Young is an author and psychotherapist in private practice. To read more articles, order books or listen to audio recordings, visit www.gwen.ca, or follow her on Facebook.

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Green MP Paul Manly a cat among Canada's political pigeons

by Bruce Mason



Common Ground readers may recall a five-minute video in 2007 (<https://bit.ly/1do3VRc>) that attracted hundreds of thousands of hits and the rapt attention of Canadians, even our out-of-touch mainstream media. It was shot during a protest against a Security and Prosperity Partnership (SPP) meeting of “leaders” from Canada, Mexico and the US, at a luxury resort in Montebello, Quebec. The video captured three men who were covering their faces with bandanas and carrying rocks, and arrested as police quelled a worsening confrontation. Reviewing his footage, the filmmaker noticed some “protesters” were wearing the same boots as the arresting police officers. Although nervous, Manly posted the footage on YouTube, saying: “I didn’t know who these guys were. CIA? CSIS? Blackwater agents?” Amid a storm of controversy, organizers, officials and the provincial police dismissed accusations as “paranoia”, but eventually came clean: the agitators were their own undercover cops. The feature documentary that covered this incident, *You, Me and the SPP*, is just one example of decades of diverse, up-close work by documentary filmmaker Paul Manly (see www.manlymedia.com).

He is Canada’s most recently elected MP, following a landslide victory in the May 2019 Nanaimo-Ladysmith federal by-election. Paul Manly’s election is also one of the most promising – or threatening, depending on your point of view.

The perspective – and lens – of the long-time activist is focused on the looming horizon of our horrifying ecocidal era, in which rich, powerful elites and their

enablers appear hell-bent on extinguishing life on the planet, for personal profit.

“An urgent message is going out, to get serious about issues like climate change and taking care of people in our communities, whether that’s affordable housing, universal pharmacare, or better paying jobs,” says Manly.

His strong showing at the polls is a high-profile ripple in the powerful global wave now sweeping across Europe and gathering support for a Green New Deal in the US and Canada. It is one of many obvious signs that resistance is growing exponentially in response to a growing existential danger.

“This can’t be left at the feet of consumers; it has to be government. By not working on transition, politicians are just talking, talking, which is no better than climate denial. It’s climate action and justice delayed. Time to step up with political courage to do what needs to be done, to stop subsidizing fossil fuel, for example,” Manly explains.

People young and old are increasingly seeing climate action – or the lack of it – as the main criteria to judge politicians. “After the previous election I became a grandfather,” reports Manly. “That inspired me to double down and work even harder, because it was again personal for me, like when my daughters were born. And I know I have to fight for the future of that child and everyone’s children and grand-children. I will work across party lines but won’t compromise on this, or let people down.”

Internationally, greens are maturing, organizing, growing and finding success in surprising numbers. Following his fourth-place finish in a tight race in Canada’s 2015 federal election, Manly assembled a relentless,

inspired team to leap far out in front. This time out, he won his seat with 38% of the vote (Conservative, 24%; NDP, 23% and Liberal, 11%). Suddenly, a Green vote counted and was no longer considered wasted.

“In 2015, a lot of people wanted to vote for me, but they stopped at the last minute and did the strategic voting thing,” he recalls. “In 2019, more people voted for what they wanted, with their heart and their head rather than in fear.” That has thrown a cat among the pigeons, as the saying goes.

Manly’s positive campaign and decisive election sent feathers flying in the mainstream flock, provoking kerfuffles up and down the federal trough. From the right, Conservatives indulged in Trump-like indignation: one of his films was shown at a 9/11 truther festival! He is obsessed with the rights of Palestinians! and so on. On the left, the NDP’s Jagmeet Singh pecked in circles for something – anything – Green for his increasingly worried and rebellious caucus to latch onto. Even our PM stopped preening long enough to observe that Canadians seem “preoccupied with climate change”.

Preoccupied, presumably, by the floods and drought ravaging various regions of the country, and by the spectre of thousands of Albertans fleeing from yet another horrific wildfire season while premier Jason Kenny, bows out of taxing carbon, eyes stinging, and blinded by billowing smoke and short-term small-mindedness. Or preoccupied by the “freak” tornado that hit Ottawa (the second in a year) as central Canada dug out from the worst winter on record.



His strong showing at the polls is a high-profile ripple in the powerful global wave now sweeping across Europe and gathering support for a Green New Deal.

The plot of the story, Mr. Manly goes to Ottawa, is indeed cinematic. But there’s more to him than meets the eye.

He once described himself as an “orange diaper baby,” the son of Jim Manley, a highly engaged and popular United Church minister and NDP MP on Vancouver Island throughout the ‘80s. The younger Manly often took lunch from his nearby high school to his father’s office, just down the hall from the one he now occupies. He spent many hours seated in the Public Gallery avidly watching Question Period. Not long after his retirement, the elder Manly was, at age 79, part of a humanitarian aid group arrested by the Israeli navy for breaking an illegal blockade of the Gaza Strip. As his father *continued p.12...*



What's the 5G hype all about?

5G has become a buzzword. It's nearly impossible to go online these days and not see a story that relates to it. But what is 5G *actually* and what does it mean for the future of connectivity and Internet users?

5G is the next (5th generation) of Internet and wireless connectivity, which will rely on higher frequency bands known as the "micro-millimeter wave spectrum" which is able to carry larger amounts of data compared to today's 3G and 4G LTE networks. It will be characterized by faster speeds (10 to 100 times faster than current offerings) and make latency – the delay in transmitting and processing data – nonexistent. This will allow people to download Internet movies in a matter of seconds and make the delay between sending and receiving a text less than a millisecond!

Socially, the hyper-connectivity of this new technology could be revolutionary. It will enable the new era of the Internet of Things, like self-driving cars, smart cities and remote surgery. But it also comes with great risks and concerns, particularly in terms of vulnerability to cyber attacks and enhanced surveillance capabilities. When combined with real time location data that telecoms and online platforms already collect en masse from users, facial recognition technologies and artificial intelligence, 5G could make it easier to track individuals and identify very specific characteristics about them. And it could completely wipe out anonymity.

5G has also become a contentious issue between nations, with the US, Australia, Japan and New Zealand

banning Huawei – the Chinese tech giant and largest supplier of telecommunications equipment in the world – citing national security concerns. In other words, countries like the US are worried that Huawei could be an avenue for the Chinese government to spy on other nations. But beyond national security concerns, this is also about power: controlling 5G could make it possible for certain interests to track what everyone is doing online all the time. Creepy, right?

Canada is currently holding off on its decision on whether to ban Huawei, possibly until after the federal election. Yet our national telecoms are running small scale tests and are eager to deploy the new technology.

However, as the excitement over 5G builds up, it is important avoid letting the 5G hype undermine some of the most fundamental aspects of the open Internet. We need to build and deploy the network with foresight to tackle some of its unintended and harmful consequences.

For instance, Ian Scott, the Chair of the Canadian Radio-television and Telecommunications Commission (CRTC), has already hinted at undermining Net Neutrality, using new technologies like 5G as an excuse. Additionally, Big Telecom has recently used the deployment of 5G as an argument against allowing, in Canada, the setup of Mobile Virtual Network Operators (MVNOs) – smaller wireless providers that lease broadcasting space from national carriers. The latter is of particular concern given that the CRTC is currently doing a comprehensive review of the mobile market. The review could be a game changer for people in Canada who pay some of

the highest cell phone bills in the world due to lack of competition. Moreover, pushing back against MVNOs, using 5G as an excuse, is at odds with the new CRTC policy direction, which focuses on affordability, competition, and the interests of consumers rather than market forces and telecom self-regulation.

The introduction of 5G could worsen the digital divide as telecoms focus on its deployment – while shifting investment away from 4G/LTE (which offers better coverage) and even fixed fibre, which is essential to 5G in the first place. Additionally, it is worth noting that 5G is not an adequate substitute for fixed fibre for connecting rural communities.

Lastly, we can't let the 5G hype blind us to the fact that we need to build resiliency into our new networks, with security by design as a forethought rather than an afterthought.

The topic of 5G has multiple layers to it and its deployment will add even more complexity to our society. So we need to start asking ourselves what would be the best way to deploy 5G. How can we take advantage of the hyperconnectivity of this new era without sacrificing things that we cherish, such as privacy, affordability and bridging the urban-rural digital divide?

P.S. If you have any thoughts our concerns about 5G, feel free to shoot us an email at contact@openmedia.org.

Marie Aspiazu is a Digital Rights Campaigner for OpenMedia, a non-profit organization that works to keep the internet open, affordable, and surveillance-free (openmedia.org).

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5G WiFi network radiation hazards



Dangers of 5G WiFi

Due to regulatory loop-holes, telecom providers continue to install hundreds of small cell WiFi antennae on utility poles in neighbourhoods across BC without giving notice to citizens.

These antennae are paving the way for 5G and will radiate 10 to 100 times more energy than today's 4G wireless signals – which have already been scientifically shown to be biologically hazardous. Scientists warn that higher power 5G signals will pose risks to all life on the planet: people, animals, insects and plants.

Despite no research proving 5G WiFi to be safe, all of this is happening thanks to deceptive marketing, under-informed politicians, and academics who look the other way to protect their careers.

It is up to us to say no. Come to the talks to find out how.

we downplayed **cigarette smoke** we ignored **greenhouse gas pollution** let's not do it again with **5G millimeter radio waves**

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Salt Spring Is. – June 24-29 / Cecile: cpetraot@shaw.ca

Victoria – July 3 / Roberto: camelot@islandnet.com

Nanaimo – July 4 / Chrystel: safelywired@shaw.ca

Bowen Island – July 5 / Jayeson: info@hempcrete.ca

Vancouver – July 6 / Paul: ph_lemay@yahoo.ca

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Car Free Day on Main



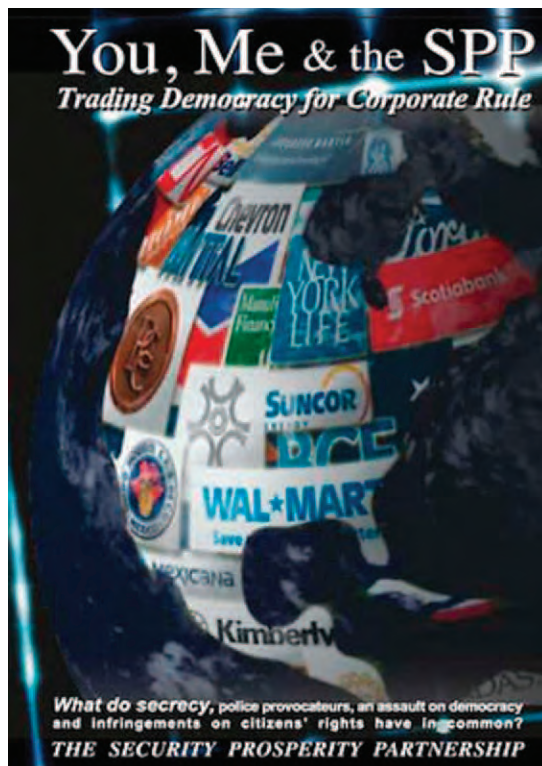
...Paul Manly MP from pg. 9

languished in jail for five days, Paul lobbied and chided Canadian politicians for their inaction, particularly the NDP for “abandoning its principles.”

Fast forward to 2014 when the local NDP riding executive approved his candidacy. However, the federal executive nixed him, fearful of raising Israel/Palestine issues despite Manly’s repeated assertions that he had much more on his mind and political agenda.

So he called on an old friendship with Green Party leader Elizabeth May. They had met in 1989 at an Earth Day celebration in Ottawa. At the time, he was the front-man for the headline musical act, and May was the main speaker at the event. Now, thirty years later, May welcomed the “champion” of myriad local issues and asked him to serve in her shadow cabinet, with a unique eye to international trade based on his many missions and documentaries. May worked especially hard on his second campaign. After the by-election she was no longer a lone wolf in Parliament and was elated to introduce him as a second sitting Green.

His first days on the job included a welcoming standing ovation in familiar surroundings; his first stand-up in Question Period demanding an emergency government response to the nation-wide crisis in affordable housing (through a return to construction investments, incentives and co-ops, a major issue in his riding); arguing for substantial improvements to Stephen Harper’s climate targets and clean energy initiatives utilizing Canadian tech-



Manly’s feature documentary on the Security and Prosperity Partnership (SPP) is available for rent or purchase on Vimeo. <https://bit.ly/2F0y8am>

nology; delivering a petition on women’s rights; meeting with our national medical association to discuss psychological impacts of climate change; a lunchtime conversation with an expert panel on autonomous weapons (a.k.a. killer robots); and another meeting with experts on security concerns around Chinese acquisition of Canadian businesses, including retirement homes.

That partial list is from his first weekly activity summary, signalling a new era in accountability and freedom from party whips, and demonstrating his intention to deliver on his solemn promise to work hard and not let voters down. Before the fall federal election, he has a small five-month window to establish himself before again defending his seat in the former NDP stronghold.

All eyes are on Paul Manly, who has said it is “personal” – as it now should be for all of us. It is 2019 after all, and Canadians are looking for solutions and fresh eyes, and hopeful vision that lights up, stands up, and unmask our dark reality. For real action, in real time. <

Bruce Mason resides in the Nanaimo-Ladysmith riding. Among other things, he is the former head-writer of the *Vancouver Show*, a Province newspaper columnist, national radio executive producer, communications officer at SFU and UBC and author of the book, “*Our Clinic: Visionary Health Care, Fundraising and and Community Building on Gabriola Island.*” .

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Science Matters David Suzuki

ENVIRONMENT

Electric vehicles drive down emissions

Electric vehicles won't save us from runaway climate change, but they're part of the solution, along with support for public transit and active transport like walking and cycling. The transportation sector accounts for almost one-quarter of the world's carbon emissions, so it's an area where change is necessary – and possible.

As Norway and other countries are demonstrating, policy and tax incentives can move people quickly into cleaner vehicle options. Half of Norway's cars are expected to be electric this year, and the country is on track to meet its commitment of selling only zero-emissions cars by 2025. Its strong EV mandate, inexpensive hydropower, tax incentives and price parity with internal combustion engine vehicles are contributing to this success. Reduced tolls, bus-lane access, and free parking and ferry rides are sweetening the option for Norwegians. Only four per cent of the country's EV owners say they would go back to conventional cars.

Norway is ahead of much of the world, but electric vehicles are on track to reach more than half of global new car sales by 2040. Government policies have driven this shift. The Norwegian government offered about US\$1 billion in incentives this year, including waiving high vehicle import duties and taxes for electric car buyers. The government plans to phase these out in 2021, gradually replacing them with higher taxes on fossil-fuelled vehicles.

China used government incentives to increase EV production last year by 50 per cent over the previous year, and built the world's first fully electric bus fleet in Shenzhen. India has a US\$1.4 billion, three-year subsidy plan to jump-start electric and hybrid vehicle sales.

Although Canada isn't embracing the full policy pack-

age needed for significant behavioural change, it's making progress, with commitments to reach 100 per cent zero-emission vehicle sales by 2040, and with 2025 and 2030 targets coming. But it's a long road ahead. Just 2.5 per cent of total vehicle sales last year were electric. Federal rebates implemented in May should boost electric vehicle sales, but we need mandatory targets.

**Norway is ahead of much of the
world, but electric vehicles are on
track to reach more than half of
global new car sales by 2040.**

Provincially, B.C. and Quebec are echoing California which, in 1990, became the first jurisdiction to set up a zero-emission vehicle standard. One of 10 new vehicles purchased there last year were EVs. Quebec's mandate sets a target for one-third of all new vehicles sales to be EV by 2030. B.C.'s mandate, expected to become law soon, requires that all new light-duty car and truck sales be zero-emission by 2040. That could play a big role in helping B.C. meet its transportation climate targets.

Municipalities and provinces can help prepare for the EV transition by building more public charging infrastructure and requiring new residential buildings to install chargers or be electric-vehicle friendly. Other ways to lower transportation emissions include cleaning up the electricity used to charge EVs and reducing the carbon content of fuels for non-electric vehicles with biofuels or hydrogen produced from renewables.

Even without government interventions, electric

vehicles may cost less than gas-powered cars by 2024, according to Bank of America Merrill Lynch analysts. Add lower operating and maintenance costs and savings from forgoing high-priced gas, and there are many incentives to switch. Hydro-Québec's online calculator estimates it costs \$10.65 to drive a gas-fuelled compact car 100 kilometres and \$2.10 for an electric.

EV travel range continues to increase and they're performing well in cold weather. Electric motors are far more efficient than internal combustion engines which waste much of their energy as heat. Used EV batteries are finding new lives in energy storage, and researchers are investigating how to make the lithium supply chain, from extraction to recovery, a model of the circular economy.

Despite their appeal, single occupancy electric vehicles don't address congestion in growing urban areas or the amount of valuable space parking consumes. Investments in active transportation and transit infrastructure promote healthier lives and livable urban environments. Shared high-speed, non-polluting transit remains the gold standard for livability, equity and health. Committed federal funding for transit is essential to create the kind of resilient communities climate change demands.

A recent study shows Canada's climate is warming at twice the global rate and that to prevent environmental catastrophe, human behaviour must change. Canada would be wise to emulate Norway and other countries and speed up its transition to a low- to no-carbon future. 

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Communications and Policy Specialist Theresa Beer.

Learn more at www.davidsuzuki.org.

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Nicanor Perlas has advised UN agencies and the Office of the President and Congress and is a member of the Senate Task Force on Artificial Intelligence. He has received the Right Livelihood Award, the Outstanding Filipino Award, and the UNEP Global 500 Award.

He is the author of *Humanity's Last Stand*, *The Challenge of Artificial Intelligence*.

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Nicanor Perlas on artificial intelligence

The 21st century is an age defined by Science and Technology. It is also a time in which humanity faces a unique and unprecedented challenge: artificial intelligence (AI). If properly developed and aligned with the values of humanity, AI will bring tremendous benefits to society. However, if used *inappropriately*, it could undermine human civilization and, with the emergence of Artificial Super Intelligence (ASI), ultimately lead to humanity's downfall. Scientists, philosophers and engineers call this latter possibility the existential risk of AI. The fate of our future lies literally in our hands.

How can humanity address this challenge? What are the forces emerging in society that can help deal with this question?

Nicanor Perlas has some answers. A global activist, writer, and speaker on artificial intelligence, he has also led global and national civil society networks to stop nuclear power, ban pesticides, and bring about sustainable development, including biodynamic farming in countries like the Philippines. Perlas says it is imperative that we take immediate steps to ensure that digitized technology is aligned to human values and priorities. Otherwise, ASI will kill the essence of our humanity. Further, if we do not master it now, ASI will transform mankind into its own image and ultimately destroy the human race.

AI experts have not offered a single cogent solution to this existential threat, Perlas says. It is the task of the global anthroposophical movement to pioneer this civilization-saving work: to establish spiritual-scientific ideas in mainstream culture that would allow AI to emerge in a healthier societal context.

Perlas also offers an overview of the related trans-human concepts of "perfecting humanity" that outline the human responses needed to meet our psychological evolution with full awareness. In particular, Perlas references Rudolf Steiner who sought a synthesis between science and spirituality in the early 20th Century. Steiner, not only foresaw modern developments, but gave clear alternatives. Steiner, the founder of a contemporary, scientific approach to spirituality, provided philosophical, ontological and social innovations to save humanity from the abyss.

Nicanor Perlas will be in Vancouver in June to lecture and conduct a workshop which will give an overview of the challenges of AI and how it can be made to serve humanity. Perlas will draw from the substance of his newly published book, *Humanity's Last Stand; The Challenge of Artificial Intelligence; A Spiritual-Scientific Response*.

Although still in its earliest stages, artificial intelligence (AI) is radically transforming all aspects of society. Coming to terms with it is humanity's last stand, says Perlas. Failure is not an option. 

...Greta Thunberg from pg. 4

to tell it like is. Even that burden you leave to us children. But I don't care about being popular. I care about climate justice and the living planet. Our civilization is being sacrificed for the opportunity of a very small number of people to continue making enormous amounts of money. Our biosphere is being sacrificed so that rich people in countries like mine can live in luxury. It is the sufferings of the many which pay for the luxuries of the few.

The year 2078, I will celebrate my 75th birthday. If I have children maybe they will spend that day with me. Maybe they will ask me about you. Maybe they will ask why you didn't do anything while there still was time to act. You say

you love your children above all else, and yet you are stealing their future in front of their very eyes.

Until you start focusing on what needs to be done rather than what is politically possible, there is no hope. We can't solve a crisis without treating it as a crisis. We need to keep the fossil fuels in the ground, and we need to focus on equity. And if solutions within the system are so impossible to find, maybe we should change the system itself. We have not come here to beg world leaders to care. You have ignored us in the past and you will ignore us again. We have run out of excuses and we are running out of time. We have come here to let you know that change is coming, whether you like it or not.

The real power belongs to the people. Thank you".

Greta Thunberg is a 15-year-old climate activist with the Asperger's syndrome who is continuing her school strike each and every Friday to ask Sweden's government and other countries to act against climate change. In her speech at the COP24 plenary in Katowice, Poland she has pointed out how no solutions adequate to the gravity of the situation have been taken. Greta Thunberg has also called on students to join an international strike

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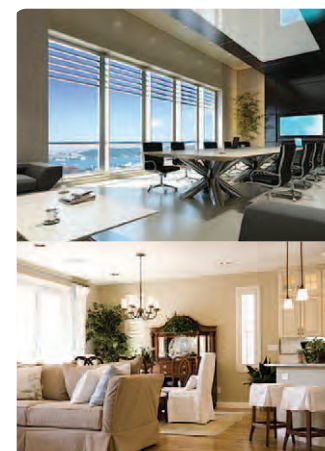
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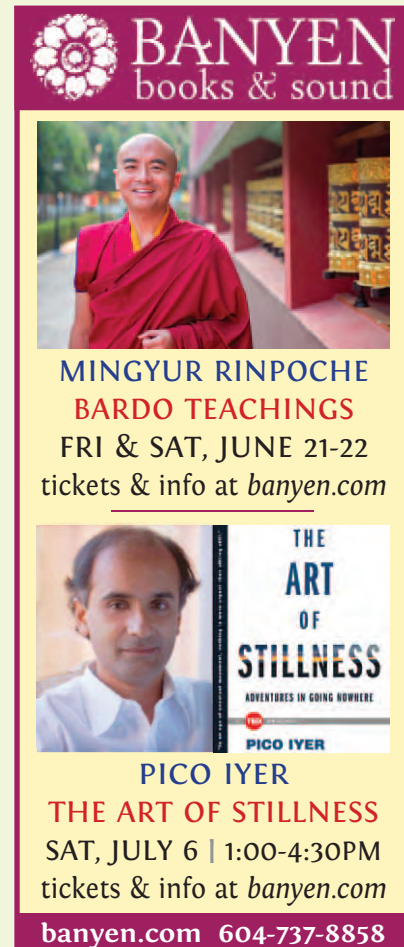
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Live Blood Analysis Certification course: enhance your practice or start a New Career. Intensive 4 days Live Blood Workshop on June 15-18 / Aug 3-6 2019. Level 1, 2 with John Blackburn, Certified LBA Instructor and Level 3 - Blood Energetix with Dr. Diane Blackburn, PhD, DNM; be a Quantum Doctor. www.livebloodcourse.com, livebloodcourse@gmail.com 604-531-3480

JUN 17 to AUG 8
Open Houses for the 6 weekend Shamanic Power Initiation Program: Jun 17 & Aug 8, Vancouver; Jun 19 & Aug 7, Calgary; Jun 20, Edmonton. All 7:30 pm. Everyone welcome. RSVP info@shamanicmedicine.ca www.shamanicmedicine.ca

JUN 21-22
Mingyur Rinpoche: Bardo Teachings. Fri. & Sat. Banyan Books 3608 W. 4th Ave., Vancouver. Tickets & Info. www.banyen.com, 604-737-8858.

JUN 22
Vesanto Melina: Snackluck & Iron Talk. Vancouver Co-Housing. Details at www.meetup.com/MeatlessMeetup/events/261673143/



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JUN 22
Climate Justice Conference. Sat. 12-8pm, SFU Woodwards, 149 W. Hastings. Climateconvergence.ca 778 889 7664. By donation.

JUN 23
Greek Day: Broadway between MacDonald & Blenheim. Finale event of Greek heritage month. Info: www.tourismvancouver.com

JUN 24 - JUL 7
5G WiFi Network Radiation Hazards: Martin Pall, PhD, Professor Emeritus, Washington State University. Salt Spring Is.-JUN 24-29; Victoria-JUL 3; Nanaimo-JUL 4; Bowen Is.-JUL 5; Vancouver-JUL 6; Surrey-JUL 7. Details: www.CETH.ca

JUN 26
Public Lecture: 'Wildfire and ecological resilience in Canada's boreal forests' by Dr. Jennifer Baltzer. 7PM-8:30PM. Free tickets & info: www.ciee-icee.ca

JUN 29
Being Human in the Age of Artificial Intelligence /w Nicanor Perlas: Evening lecture 6-9pm. Centre for Peace, 1825 W. 16th Avenue, Vancouver. Registration & Info: PerlasAI@protonmail.com 604 375 0675

JUN 30
The Challenge of Artificial Intelligence /w Nicanor Perlas: Sunday lectures and workshop 8-5:30 pm. Lynn Valley Village Community Complex, 1277 Lynn Valley Road, North Vancouver. Registration & Info: PerlasAI@protonmail.com 604 375 0675

JUL 5-7
Kundalini Yoga & IBP Transformational Body Work: Blossom w/Jana Ziman, Bethlehem Centre, 2371 Arbot Road, Nanaimo. 250-754-3254 https://bethlehemcentre.com/group-programs/

JUL 6
Pico Iyer: The Art of Stillness. 1-4:30pm Banyen Books 3608 W. 4th Ave., Vancouver. Tickets & Info www. banyen.com, 604-737-8858.

JUL 12 - AUG 9
The Initiatic Path Through Folklore, Mythology & Psychology. 5 Fridays 7 - 9 PM. Mt. Pleasant,

Vancouver. BC Gnostic Centre. Registration: gnosis@gnosisbc.com 778.200.7471. Donation-based. Drop-in welcome.

JUL 13 - AUG 10
Gnostic Yoga & Meditation: Awakening Consciousness through gentle postures, meditations, mantras, prana work & prayer. 5 Saturdays, 10-11:30 AM. Mt. Pleasant, Vancouver. BC Gnostic Centre. gnosis@gnosisbc.com 778.200.7471. Donation-based. Drop-in welcome.

JUL 17
Scalar Light: Latest Biofield Enhancement Technology. Supporting immunity & cellular nutrition. Free seminar 6:30-9:30pm. Centre for Peace, 1825 W. 16th. Ave., Vancouver. www.totalvitalitycentre.com RSVP help@totalvitalitycentre.com 604 428 8682

JUL 18
Scalar Light: Latest Biofield Enhancement Technology. Supporting immunity & cellular nutrition. Free seminar 6:30-9:30pm. Total Vitality Centre, 318 Gilmore Ave., Burnaby. www.totalvitalitycentre.com RSVP help@totalvitalitycentre.com 604 428 8682

JUL 19-21
Basic Foot Reflexology Certificate Weekend Training Course. Friday Introduction 7 pm; Course \$395 + gst. Pacific Institute of Reflexology 604-875-8818, www.pacificreflexology.com

AUG 24-25
Become a Certified Life Coach or Executive Coach: Century Plaza Hotel & Spa, Vancouver. This 2-day intensive will teach you everything you need to know to succeed. Only Certified Coaches Federation graduates earn the esteemed Certified Life Coach Practitioner designations. Register at 866-455-2155 or 403-389-1190 or www.certifiedcoachesfederation.com

THURSDAYS
Women's Sufi Circle: A Contemporary Study of Ancient Wisdom. A time to connect with your heart, revive your spiritual being, discover hope and understand the purpose of your life. Thursdays 7-8:30PM. False Creek, Vancouver. RSVP nadia@pureintentions.net



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Nutrispeak Vesanto Melina MS, RD, Alessia Vaz and Sophia Jhajj

HEALTH

Essential iron – from plants

A common misconception holds that people on plant-based diets are more likely to develop iron deficiency anemia.

In fact, it has been found that such people are no more prone to iron deficiency than their meat-eating counterparts. Continue reading for answers to some common questions about iron!

What is iron and why is it important?

Iron is fundamental for oxygen transport and plays an important role in the body's metabolic and cognitive processes. It is present in food in two forms: non-heme and heme iron. Non-heme iron is found primarily in plant foods and eggs, while both non-heme and heme iron is found in meat. Ferritin, a blood cell protein, stores iron in the body and helps manage iron absorption. Our bodies are able to control the absorption of non-heme iron by taking up less when iron stores are full; however, it cannot regulate the absorption of heme iron, which means iron overload can occur.

What plant-based foods contain iron?

If you are moving towards or currently following a plant-based diet, it is important to eat a variety of foods to ensure adequate iron intake. Legumes including beans, peas, lentils and peanuts are great sources of iron. For example, lentils contain between 4.1mg and 4.9 mg per ¾ cup cooked. Dark green leafy vegetables like kale are also good sources of iron, as are other vegetables and fruits like potatoes, asparagus, peas, snow peas, tomatoes, raisins, and dried apricots. Oatmeal, soymilk, seeds, and certain nuts (cashews, almonds) are also good sources. You can boost iron intake

by including iron-fortified cereals and meat alternatives in your diet.

How are iron stores affected in plant-based diets?

People following a plant-based diet tend to have lower ferritin levels than those eating meat – which recent research indicates may be advantageous. There is some evidence connecting lower ferritin to a reduced risk of coronary heart disease, colon or other hormone-related cancers, and type 2 diabetes. Our bodies are readily able to increase iron absorption when iron stores are low. Despite this, recommendations for iron intake are 1.8 times higher for those on plant-based diets. However, this recommendation, based on a single 1991 study, is controversial, as plant-based diets are typically lower in absorption inhibitors and higher in absorption enhancers.

What impacts my iron absorption and how can I enhance it?

The amount of iron absorbed from plant foods varies greatly depending on your how much iron is already stored in your body and the composition of the meal. Some foods contain substances that inhibit the mineral's absorption. Phytic acid (phytate), found in whole grains, nuts, seeds, and legumes can reduce iron absorption – although phytate has significant health benefits. If you are short on iron, don't count on spinach and chard; oxalates present in those two vegetables reduce iron absorption. Similarly, try to reduce coffee, tea, and cocoa as they contain polyphenols that bind to iron, limiting absorption as well. On the other hand, foods rich in vitamin C, like citrus fruits,

red bell pepper, and cabbage, eaten with foods containing non-heme iron, can increase iron absorption by up to 6 times. Other absorption enhancers include onions, garlic, foods rich in beta-carotene like carrots, and spices including pepper, turmeric, and ginger. Certain food preparation techniques like soaking, fermenting, yeasting, and sprouting can also enhance iron absorption as they degrade phytate inhibitors, reducing its presence in the food.

Including a diverse range of iron-rich plant-based foods helps ensure you achieve a healthy, energetic and active lifestyle! 

Vesanto Melina is a Vancouver dietitian and author (www.nutrispeak.com). **Alessia Vaz** and **Sophia Jhajj** are 3rd year Dietetics Students at UBC.

References

Position of the Academy of Nutrition and Dietetics:
<https://bit.ly/2wote2d>
Becoming Raw: The Essential Guide to Raw Vegan Diets.
Food sources of iron. <https://bit.ly/2EPo45N>
Iron and vegetarian diets. The Medical Journal of Australia

EVENT

June 22 at 7pm come to the Snackluck & Iron Talk at Vancouver Cohousing www.meetup.com/MeatlessMeetup/events/261673143/ with Vesanto Melina.



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12 Noon / **Conference Registration**

12:30 pm / **What's War Got to Do With it? Militarization, War and the Climate Crisis**

Special Presentation by Tamara Lorincz, co-founder of the East Coast Environmental Law Association and Board Member of the Canadian Voice of Women for Peace.

Organized by Climate Convergence Metro Vancouver

Co-Sponsored by the SFU School for the Contemporary Arts

1:00 pm / **What Do You Mean System Change Not Climate Change?**

Feature Seminar by David Barsamian, Founder and Director of Alternative Radio. Author of over 25 books, including interview collections with Arundhati Roy, Noam Chomsky, Howard Zinn, Tariq Ali, and Edward Said.

3:30 pm / **The Climate Justice Movement-How Far We Have Come**

6:00 pm / **Climate Convergence: Our Struggle, Our Perspective**

ACKNOWLEDGEMENT

This event takes place on the traditional, unceded, occupied territories of the sl̓ilwtaʔɬ (Tsleil-Waututh), Skwxwú7mesh (Squamish), and xʷmθkʷym (Musqueam) Nations.